

What is claimed is:

1. A universal cleat suitable for use for multiple different baseball shoes, the shoes having a recess in the sole for receiving a cleat, the recess having a threaded opening therein for receiving a retaining screw to hold the cleat in place, the cleat comprising:
 - (a) a generally triangular base with a substantially flat bottom for fitting into a plurality of different shaped recesses in different shoes;
 - (b) a grip projecting from the base in a plane substantially perpendicular to the plane of the base; and
 - (c) an oblong shaped mounting hole in the base for receiving the retaining screw.
- 10 2. The cleat of claim 1 wherein the area of the base is smaller than the area of the recesses so that in the absence of the retaining fastener, the cleat can wiggle in the recess.
- 15 3. The cleat of claim 1 wherein the ratio of the length of the mounting hole to the width of the mounting hole is from about 8:7 to about 10:7.
- 20 4. A baseball shoe comprising:
 - (a) a sole;
 - (b) multiple recesses in the sole sized for receiving a cleat;
 - (c) a threaded opening in each recess;
 - (d) a cleat mounted in at least some of the recesses, at least one cleat being a universal cleat comprising (i) a generally triangular base with a substantially flat bottom, (ii) a grip projecting from the base in a plane substantially perpendicular to the plane of the base,
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and (iii) a mounting hole in the base, at least one of the mounting holes being oblong shaped; and

- 5 (e) a retaining fastener for each cleat extending through the mounting hole and threaded into the respective threaded opening for retaining the respective cleat in place.

5. The shoe of claim 4 wherein the area of the base of each universal is smaller than the area of the respective recess so that in the absence 10 of the retaining fastener, the cleat wiggles in the recess.

15 6. The shoe of claim 4 wherein the ratio of the length of each oblong shaped mounting hole to the width of the oblong shaped mounting hole is from about 8:7 to about 10:7.

15 7. The shoe of claim 4 wherein all of the cleats are universal cleats.

20 8. The cleat of claim 2 wherein the area of the base is from 85 to 95% of the area of the recess.

9. The shoe of claim 5 wherein the area of the base is from 85 to 95% of the area of the recess.